

JUNE 15 LACDMH RADIO SHOW FEATURES AUTHOR & ADVOCATE  
ERIC ARAUZ



This Saturday, June 15, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” on KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with mental health advocate and author Eric Arauz.

Arauz is a mental health advocate and author of the book *An American’s Resurrection*. On the show, he shares his journey of hope, wellness and recovery. As a child, Arauz grew up with a father with mental illness who attempted to kill him at the age of 12. He later talks about his experience serving in the Navy, and what it was like to be institutionalized three times in maximum security psychiatric wards after he was discharged from the Navy. After his hospitalizations, he built his life back, diagnosed with chronic bipolar disorder, alcoholism and post-traumatic stress disorder (PTSD). He eventually graduated from Rutgers University with his Bachelor’s and Master’s degrees.

Today, Arauz is a mental health advocate and motivational speaker, invited to be keynote speakers at various conferences and lectures throughout the country. He shares what it’s like as a relative who has seen how mental illness affects the family and as an individual with lived experience.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The "Free Your Mind Projects Radio Show" is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at [pio@dmh.lacounty.gov](mailto:pio@dmh.lacounty.gov).